



The Long View

Nine sessions. One thread, and the thread is perspective.

Think about a house. Most people have a foundation and four walls, and what is missing is the windows and the doors, so there is never quite enough light to see which part needs the work. Nine sessions, seventy five minutes each, one to one, online, taken in order.

Nine sessions · taken in order · Lead with Confidence app included · scoped on the call

1 The Opening *the site*

Putting down what you have been carrying, then finding what you actually want underneath the sensible answer.

Unlocks · Room. You cannot want anything with both hands full.

2 Steady *the foundation*

Coming off the pace you set when things got hard, and never turned off.

Unlocks · Rest that does not have to be earned back first.

3 Appetite *the floor*

Wanting things again. Properly, rather than politely.

Unlocks · The thing you say out loud instead of on the way home.

4 Authority *the frame*

Saying no without the apology afterwards. An explanation invites a negotiation.

Unlocks · A no that holds, and stops being reopened.

5 Connection *the rooms*

Receiving, and the people you stopped letting close while you were busy holding everyone up.

Unlocks · Help you can actually accept, and people close enough to give it.

6 Candour *the doors*

The sentence you have been rehearsing for months and have not said.

Unlocks · The hard conversation now, rather than in six months.

7 Judgement *the windows*

Trusting what you already knew, before anybody agreed with you.

Unlocks · Deciding without needing one more opinion first.

8 Perspective *the roof*

Getting far enough back to see the size of the thing you are inside.

Unlocks · A hard month that is one month, rather than the whole horizon.

9 The Vow *the keys*

One intention your mind and your body both sign, in your own words.

Unlocks · Something that is still true on a bad Thursday.